

Fitness Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
Water Aerobics 8:45 - 9:30		Water Aerobics 8:45 - 9:30		Water Aerobics 8:45 - 9:30
Yoga 8:30 - 9:15	Studio Strength 9:00 - 9:45	Yoga 8:30 - 9:15	Studio Strength 9:00 - 9:45	
Water Aerobics 10:00 - 10:45		Water Aerobics 10:00 - 10:45		Water Aerobics 10:00 - 10:45
	Balance *Basics* 1:00 - 1:45		*Chair Yoga* 1:00 - 1:45	
Senior Fit 2:00 - 2:45		*Senior Fit* 2:00 - 2:45		*Senior Fit* 2:00 - 2:45
	Water Aerobics 4:30 - 5:15	Water Aerobics 4:30 - 5:15	Aqua Noodle 4:30 - 5:15	
		In Motion 5:30 - 6:00	Yoga 5:00 - 5:45	

A friendly reminder that the pool and hot tub are closed during water classes.

Blue = Pool Red = Fitness Studio * = SilverSneakers Class

Mon. - Thur. 5:00 am - 6:30 pm Fri. 5:00 am - 5:00 pm

Sat. 5:00 am - Noon